



RETIREE TIMES

A publication of the
Vandenberg Air
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Photo by 30 SW

Col. Robert M. Worley II (left), 30th Space Wing commander, presents Air Force Retiree Council's "Volunteer of the Year" award to retired Air Force Master Sgt. Robert Eastwood (center), as Col. Myrna-Lynne Whitney (right), 30th Space Wing Retiree Project Officer, looks on.

Office manager wins Volunteer of the Year award

By Col. Myrna-Lynne Whitney

30th Space Wing - Retiree Project Officer

On March 27, Col. Robert M. Worley II, 30th Space Wing commander, presented retired Air Force Master Sgt. Robert Eastwood with the Air Force Retiree Council's "Volunteer of the Year" certificate. As the Joint Retiree Center's office manager, Bob is a "full-time" volunteer who provides continuity to over 25 volunteers and ensures service to over 6,000 retirees. In 2001, he worked 1,886 hours to assist in the development of the Center – one of a kind in the Department of Defense. He not only recruits volunteers; but also, offers extensive training with a computerized program, which he developed, to educate and qualify them in a timely and efficient manner. He schedules volunteers to staff the office, however, when they are unable to fulfill their duty,

it is Bob who guarantees that the office is open to serve military retirees.

Constantly striving to improve the Center's processes and procedures, Eastwood designed brochures, business cards, and application surveys that were invaluable tools at Retiree Appreciation Day 2001 and are currently used in daily activities. He developed an operations preparation system to facilitate the postal distribution of "The Retiree Times," the quarterly newspaper. This method decreased the man-hours expended by 12 percent and ensured a savings of \$2,400 in postal costs for the base.

Bob's dedication, loyalty, and tireless efforts to fulfill the mission are unmatched. He not only updates publications from 26 national, state, and

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Photo by 30 SW

Recently, the 30th Space Wing Chapel donated \$350 for the Joint Retiree Center. Pictured here at the presentation are: (left to right) Chaplain (Capt.) Michael Husfelt, Chaplain (Maj.) David Terrinoni, SSgt. William Spencer, Col. Myrna-Lynne Whitney, JRC Project Officer, SSgt. Anthony Welsh, Chaplain (Lt. Col.) Gary Bomberger, 30th Space Wing's Head Chaplain, SSgt. Dustin Stull and Chaplain (Col.) John Kurzak.

Chapel continues tradition of 'giving'

By Col. Myrna-Lynne Whitney

30th Space Wing - Retiree Project Officer

On behalf of Col. Worley, 30th Space Wing commander, Col. Richard Strathearn, 30th Space Wing vice commander, our military retirees, widows, and myself, I would like to thank Brig. Gen. Charles Baldwin, Air Force Deputy Chief of the Chaplain Service, and Lt. Col. Gary Bomberger, 30th Space Wing Chaplain, for the very generous \$350 donation to the Vandenberg Joint Retiree Center.

Chaplain Bomberger started the tradition last year, when he donated \$350 in the name of Maj. Gen. Lorraine Potter, Air Force Chief of Chaplain Service, who was Vandenberg's guest speaker at the National Prayer Luncheon. As news of the Center's

good fortune spread, the chapel's first donation proved to be the "seed money" that inspired seven retirees to make contributions. These gifts enabled the Center to purchase many special items that would not have been possible with appropriated funds.

Chaplain Baldwin's inspiring message, "Bubbles, Blackberries, and Bedtime Prayers," provided principles to follow as our nation copes with today's challenges. Many of our retirees and widows have experienced other difficult times in our history, and they know the importance of expressing gratitude in their "bedtime prayers."



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Ironsides
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**New
RAO Director
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**Low Retiree
Membership
Rates!**

New volunteers join retiree center

By Col Myrna-Lynne Whitney

30th Space Wing

Retiree Project Officer

In Feb. 2002, the Retiree Center was very fortunate to have six new volunteers join our "retiree family." A warm welcome to Cyril Buehler (retired Navy), Percy Clark (retired Air Force), Frances MacKenzie (widow of retired Air Force member), husband and wife team – Glenn and Annabelle Wood (retired Air Force), and Don Zebley (retired Air Force).

Visitors often ask, "Why isn't the Retiree Center open on Mondays?" or, "Why aren't you open longer?" The answer to both of these questions is "people power."

You may or may not know that the Center is an "all volunteer" organization; consequently, without enough

volunteers we cannot satisfy these requests.

The volunteer staff has been discussing the possibility of maintaining our current days that we are open – Tuesdays through Fridays, but possibly extending our hours. This would be easier to handle from a staffing perspective than opening an extra day. If more volunteers were to join us, we could consider either being open on Mondays or Saturdays. But, for now, this is not possible.

So, thanks again to our newcomers for the service that you provide. And, I ask that our readers out there think about giving us some of your time. With summer vacations and other demands on the volunteers that we have, we never can have too many volunteers.



What is TRICARE Plus?

TRICARE Plus is an enrollment program that provides access to Primary Care Providers at the 30th Medical Group, Vandenberg AFB. TRICARE Plus is not a health plan and there are no enrollment fees or deductibles. It does not guarantee specialty care at the clinic and TRICARE Plus enrollment is not transferable to another military facility.

Who's Eligible?

TRICARE Plus is open to all beneficiaries eligible for care at the facility who live within the 40-mile catchment area. Enrollment availability is based on the capabilities and capacity of the Vandenberg Clinic and is at the discretion of the Group Commander. The 30th Medical Group is currently enrolling more individuals to TRICARE

Plus. The deadline for applications published in the Summer 2001 issue of the *Retiree Times* no longer applies.

Who is not eligible?

Beneficiaries not eligible for TRICARE Plus are those enrolled in TRICARE Prime or in a civilian Health Maintenance Organization.

Benefits of TRICARE Plus:

TRICARE Plus provides enhanced access to primary care at the Vandenberg Clinic. Enhanced means higher priority, for accessing care, than Standard or Extra patients. If you are currently using TRICARE Standard or Extra, you may choose to enroll in TRICARE Plus.

If you are over 65, you will continue to use your Medicare and TRICARE for Life benefits when seeking specialty care in the community. TRICARE for Life is the secondary payer to

Medicare for TRICARE-covered services.

Informational Briefings:

The 30th Medical Group holds monthly TRICARE Plus informational briefings, which are scheduled for the 2nd Tuesday of each month at 0900 in the clinic's auditorium. The auditorium is located inside the medical group—signs will be posted for convenience. Attendees are given the opportunity to enroll immediately following the briefing.

Enrollment:

To enroll in TRICARE Plus, please come by the Health Benefits Office at the 30th Medical Group, 338 South Dakota Ave, Vandenberg AFB, CA 93437. If you have any questions or require further information, please contact Ms. Bonnie Robles at (805) 606-7483 or Capt Patricia Fowler at (805) 606-1959.

RETIREE TIMES

Col. Robert M. Worley II USAF

Commander 30th Space Wing

Col. Richard Strathearn USAF

Vice Commander 30th Space Wing/RAO Coordinator

Col. Myrna-Lynne Whitney USAFR

RAO Project Manager

Capt. Cy Buehler, SC, USN (Ret.)

RAO Director

Cmdr. Earl Gustafson USN (Ret.)

Newsletter Editor

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The appearance of advertising in the publication, including any inserts or supplements, does not constitute endorsement by the Department of Defense, the Department of the Air Force, or Lompoc Record Publications, of products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, marital status, physical handicap, political affiliation or any other non-merit factor of the purchaser, user or patron.

Non-advertisement content is compiled from various sources by the Vandenberg Retired Activities Office. Even though reasonable effort has been made to assure the accuracy of the contents, no guarantee of such accuracy is made nor should be assumed. Direct questions on the various topics to the agencies and phone numbers listed in the articles. All photographs, unless otherwise indicated are RAO or Air Force Photos.

Publication deadlines are the 15th of March, June, September and December. The Retiree Activities Office reserves the right to edit all submissions for style and space. Send submissions to 30SW/CVR, 747 Nebraska Ave., Suite A200, Vandenberg AFB, CA 93437-1461 or via facsimile to (805) 606-0437. The phone number is (805) 606-5474. Email may be addressed to <retirees.office@vandenberg.af.mil>.



Contributed

Retired Navy Capt. Cy Buehler is the new Joint Retiree Center director. Buehler is an active Retired Officers' Association member and has served as president of the Oregon Council of Chapters as well as local TROA chapters in Oregon and California.

Retiree Activities Center

Building 10364, Base

Exchange Area

Office Hours: Tuesday through Friday 10 a.m. to 2 p.m.

Closed Saturday, Sunday and Federal Holidays

Joint Retiree Center welcomes new Director

By Col. Myrna-Lynne Whitney

30th Space Wing

Retiree Project Officer

After an 18 month wait, local retirees and widows are welcoming retired Navy Capt. Cyril (Cy) Buehler aboard as their new Joint Retiree Center Director.

Buehler became associated with Vandenberg's retiree program in November 1999 when he worked The Retired Officers Association's information tables at Retiree Appreciation Day. He has participated in the event for the past two years.

Capt. Buehler enlisted in the Naval Reserve as a junior in high school. While attending the University of Dayton, he joined the Reserve Officer Candidate program and was commissioned as an ensign in the U.S. Naval Supply Corps upon his graduation.

Buehler's sea duties included the USS Damato, Landing Ship Tank Squadron Five, and the USS Bryce Canyon. He served in various

supply and fiscal functions at the Naval Air Station, Corpus Christi, Tex.; Naval Weapons Evaluation Facility, Kirtland Air Force Base, N.M.; United Nations Command, Korea; Long Beach Naval Shipyard, Calif.; Defense Electronics Supply Center; Naval Support Force, Antarctica and the Naval Supply Center, Oakland, Calif.

After retiring to his mini-farm in Oregon, Cy volunteered with political action committees, church activities, AARP tax preparation and other organizations. He was president of TROA's Eugene, Oregon chapter and the president of TROA's Oregon Council of Chapters.

When he and his wife Millie moved to Santa Maria, Cy served two terms as President of the Santa Maria/Lompoc chapter of TROA. The Buehlers have seven children and eleven grandchildren.

What is special about your commissary?

For "early bird" shoppers, the Mini-Comm opens from 6 a.m. to 9:30 a.m. Monday through Friday and will start your morning off right with freshly brewed coffee. When the main Commissary opens at 9:30 a.m., free coffee will be waiting for shoppers at the front of the store and can be enjoyed while shopping. For those on the go, a sandwich order can be called in (734-3354 Ex. 235) and be waiting for you when you arrive.

A "Grab and Go" section located at the front of the store, near the express checkout line, is stocked daily with ready to eat sandwiches. You may dine at one of the tables located in the front of the store.

For late shoppers, the Mini-Comm opens after the main store closes and remains open until 9 p.m. every evening except Thursdays.

The Mini-Comm at Vandenberg is unique in that it is adjacent and

connected to the main Commissary. Customers are welcome to shop in the main Commissary when they cannot find what they want in the Mini-Comm during Mini-Comm hours. Simply go out the back door located inside the Mini-Comm, turn right in the warehouse and continue into the main store. When your shopping is completed, return by the same route to the Mini-Comm for checkout. The result is an almost

doubling of the main Commissary's hours. (Adapted from Commissary brochure)

	Main Commissary	Early Bird	Mini-Comm
Monday	Closed.	6 a.m.-9:30 a.m.	9:30 a.m.-9 p.m.
Tuesday	9:30 a.m.-6 p.m.	6 a.m.-9:30 a.m.	6 p.m.-9 p.m.
Wednesday	9:30 a.m.-6 p.m.	6 a.m.-9:30 a.m.	6 p.m.-9 p.m.
Thursday	9:30 a.m.-7 p.m.	6 a.m.-9:30 a.m.	Closed
Friday	9:30 a.m.-6 p.m.	6 a.m.-9:30 a.m.	6 p.m.-9 p.m.
Saturday	9 a.m.-5 p.m.	Closed	5 p.m.-9 p.m.
Sunday	10 a.m.-5 p.m.	Closed	5 p.m.-9 p.m.

Cold War medal rumor put to bed

Last year, someone began sending e-mail, with an accompanying picture of a medal, to people informing them of the approval of a Cold War medal, said Arlette King, chief of policy for the Army Award Branch. The Department of Defense will not be creating a Cold War Service medal, and commemorative medals being sold by private vendors are not authorized for wear on military uniforms, defense officials said.

"After careful consideration, it was decided not to create a medal," said Brad Loo, deputy director of Officer and Enlisted Management Personnel for the Office of the Secretary of Defense. Throughout the Cold War years, commanders used a full spectrum of individual, unit and service awards to recognize the achievements and sacrifices of service members,

he said.

Former Secretary of Defense William Cohen approved a Cold War Recognition Certificate in 1999, and the Army, as executive agent, has been responsible for issuing them to any eligible applicant. The certificate recognizes all service members and federal employees who faithfully served in the U.S. military during the Cold War era, Loo added. For certificate purposes, that era is the end of World War II, Sept. 2, 1945, to the collapse of the Soviet Union, Dec. 26, 1991.

"We've tried to correct the issue by putting out messages on our Web site stating that there is not an authorized medal," King said. Several different designs of medals are offered on the Internet—and even at military clothing sales stores. This is America. Anyone can purchase the

commemorative medal from private vendors, just not wear it on his or her uniform.

It is illegal to wear unauthorized medals on a military uniform, said Master Sgt. Kittie Messman, uniform policy noncommissioned officer for the Office of the Army Deputy Chief of Staff for Personnel. Messman cited Title 18, Section 704, "Military Medal or Decorations." "Whoever knowingly wears a medal not authorized by Congress ... shall be fined or imprisoned not more than six months or both." The only official site to apply for a Cold War Recognition Certificate is the Army's at www.coldwar.army.mil/. Any other sites offering certificates, replicas or other commemoratives for sale are neither official nor endorsed by DoD or the services.

Base Volunteer of the Quarter award

By Col. Myrna-Lynne Whitney

30th Space Wing

Retiree Project Officer

On Jan. 17, Team Vandenberg held its quarterly awards luncheon, at the Pacific Coast Club, to honor its fourth quarter 2001 nominees and winners. Col. Robert M. Worley II, 30th Space Wing commander, presented Patricia Gehres, widow of retired Air Force Master Sgt. George Gehres, with her "Volunteer of the Quarter" plaque.

Pat spends countless hours at the Joint Retiree Activities Center assisting retirees and widows. At Retiree Appreciation Day 2001, she worked an information table and apprised 700 retirees on what the Center offers. Pat maintains a mailing list database of over 6,000 retirees and widows, and she is a charter member of the National Society of Military Widows, Central Coast Chapter 44.

She not only volunteers at the Center, but she spends much of her time with the Eastern Star, a branch of the Masons. For the second time in her 36 years as a member



Photo by John McGraw

Volunteer Pat Gehres with VOQ award

of the Lompoc Miguelito Chapter, Pat holds the highest local office as the Worthy Matron. Her chapter raises funds for college scholarships, assisting cancer patients, and disaster relief. She has raised funds to support 22-Shriners' crippled children and burn hospitals.

Having spent 24 years as a military spouse, Pat enjoys being a part of the Retiree Center. Her life has been one of sacrifice and service to her nation as a military spouse and an active volunteer. Pat is a true asset to any organization in which she serves.

Long Term Care early enrollment

Some details on early enrollment in the government long term care program are available. Early enrollment was available beginning Mar. 25 and will end May 15, 2002.

Early enrollment is specifically for individuals in the groups eligible for the program who have done their homework already and know what long term care and long term care insurance are all about. By applying early, they will waive their right to extensive education from LTC Partners. Individuals who need the education should wait to apply during the open season starting Jul. 1.

The underwriting requirements will be the same (meaning the same questions related to your health) as with the open season. Current employees and active duty members of the uniformed services and their spouses will be subject to short form underwriting. All other eligible groups will be subject to full (long form) underwriting.

See ENROLLMENT Page 4

Dental clinic changes sick call hours

Due to a shortage of dental providers and an effort to more efficiently manage the daily flow of unscheduled patients, the dental clinic will limit the afternoon sick call, held at 12:30 p.m. to Space and Missile Students only, beginning April 1. All others, including retirees wishing to be seen at Dental Sick Call should report to the dental clinic at 7:30 a.m. for evaluation. Contact the Dental Clinic at 606-8860 for more information.



Photo by John McGraw

Steve Morgan, Federal Services Delta Dental Plan of California representative, briefs retirees and widows on dental plans at the March quarterly potluck. Morgan distributed information packages on the plans and coverage offered and was on hand to answer individual's questions.



Photo by John McGraw

Gene Stevens, Lompoc Chamber of Commerce, presented a slide show of Lompoc's murals at the National Society of Military Widows, Central Coast Chapter 44's February meeting. Many retirees also attended the meeting to learn about the murals and the historical depiction of Lompoc. Mr. Stevens told many interesting and humorous anecdotes about the town's early residents.



Photo by John McGraw

Col. Myrna-Lynne Whitney, 30th Space Wing Retiree Project Officer, recognizes retired Army Private 1st Class Tony Gonzalez (left) for his generous donation to the Air Force Assistance Fund. Gonzalez, a disabled retiree, is a daily visitor to the Joint Retiree Activities Center and participates in all the social events. This was the first year that the retirees were asked to participate in the AFAF drive and they contributed almost \$200. Of all those who gave, Tony's gift was the largest. A special thanks to the Army from the Air Force!

Security screeners

The Department of Transportation is now directly responsible for keeping America's airlines safe through baggage screening. The DoT will soon hire thousands of new federal security screeners and federal law mandates veterans receive preference in the hiring of federal security screeners.

To find out more about the qualifications security screeners must have, visit the security screening requirements web site <http://jobs.faa.gov/securityscreening-requirements.htm>. If you would like to be considered for one of these jobs that involve the protection of America's citizens and airways, email your name and address to screeners@ost.dot.gov or call the DoT toll-free at 1-866-404-1227 and leave your name and address.

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The benefits available for you to choose will be less extensive during the early enrollment than the benefits available during the open season. For example, the lifetime benefit will not be available. Benefits can be changed once the open season starts.

You will have to pay premiums by direct billing from LTC Partners or by an automatic debit from your checking account. However, you will be able to change to payroll deduction during the open season if you wish.

Your "billing" age will be your age on the date that LTC Partners receives your early

enrollment application. Early enrollment will preserve your "billing" age if you change benefits during open season. Your coverage will become effective no earlier than May 1, 2002, or the 1st of the month after your application is approved.

You must be in an eligible group on the date you apply for the insurance during early enrollment and on the date the insurance is supposed to become effective (May 1 at the earliest). Generally, if you leave the eligible group during this time period, your insurance will not become effective.

There are some exceptions. If you retire from active service after you apply but before

the coverage is effective, you must reapply using the long form application, as a retiree. If early enrollment has already ended, you need to wait until the open season to apply (Jul. 1 – Dec. 31, 2002). If you apply as an employee and are involuntarily separated before your coverage is effective, it will still become effective as if you had not separated.

Early enrollment applications are available on the www.ltcfeds.com website and by calling 1-800-LTC-FEDS (1-800-582-3337) (LTC Website)

California partnership for long term care

Medicare (as well as supplement) plans pay very little, if any, of the cost of long term care. Long term care can be expensive.

While Medical-Cal pays for long term care, persons must have spent most of their assets to qualify. In 1999, one year of nursing home cost an average of \$48,000, a cost that will double about every 14 years.

The California Partnership program has a unique feature, asset protection. Asset protection is available **only** in Partnership policies through a Partnership between the State of California Department of Health Services and select insurers. The asset protection feature guarantees you get to keep a dollar's worth of assets for each dollar your Partnership insurance policy pays out for long-term care services.

To get more information about California Partnership long-term care insurance, call the Health Insurance Counseling and Advocacy Program at 800-434-0222. (Ed.: *The California Partnership program is in no way related to federally-sponsored long term care coverage now being offered.*)

Ann Fox, tax adviser, from the 30th Space Wing's Staff Judge Advocate Office, shown here with Retiree Project Officer Col. Myrna-Lynne Whitney, briefed retirees on tax procedures at the February retiree meeting. Fox is a staunch supporter of retirees and widows and has worked with them for the past three years. She has prepared retirees' tax returns and briefed at Retiree Appreciation Days. Tax preparation is FREE to retirees and surviving spouses at the base legal office. For details on available services call (805) 605-3668; or, visit the legal office in Bldg. 10577, 30th Space Wing/14th AF HQ Bldg. on Nebraska Ave. across from the Pacific Coast Club, first floor.



Photo by John McGraw

Med group collects patient health insurance information

By Capt. Vernon Swinton

30th Medical Group

Beginning April 1, the 30th Medical Group will require all active duty dependents and retirees to provide information about their health insurance carrier before they check in for their scheduled appointments. TRICARE beneficiaries who don't carry additional health insurance are also required to participate.

The effort is part of a federally mandated program designed to allow the 30th Medical Group to recover authorized treatment costs from the patient's insurance provider for treatment received at the base clinic. The

monies collected will fund pharmaceutical costs, staff education and certification, medical equipment and contracted health care services.

Participation in the program will not increase patient health insurance costs. Health insurance premiums, unlike automobile policies, do not increase due to use. Additionally, if the full cost of care is not collected from the patient's insurance provider, the patient will not be billed for costs the clinic cannot collect. Regardless of whether they have health insurance other than TRICARE or not,

patients will not be billed for the treatment they receive here.

Throughout the month of April, all patients, except active duty members, need to arrive at the base clinic at least 25 minutes earlier than their

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local organizations; but also, he searches the internet to acquire more knowledge and expertise on issues that pertain to retirees and widows. Eastwood thoroughly reviewed 102 pages of the DEERS address listings and identified 208 new retirees and widows to add to the Vandenberg Retiree Activities Center's mailing list, which means that more individuals will receive vital data on issues that affect them.

Master Sgt. Eastwood is a "cornerstone" of the Center. He is dependable, responsible, and a real producer – a definite asset to any organization. However, he is very quiet and prefers to remain "behind the scenes." In fact, this article and photograph are really against Bob's wishes; however, it is important that all of you know a little about the man who works so diligently to serve those who have given so much to our nation.

Lights – Camera – Action!

By Col. Myrna-Lynne Whitney

30th Space Wing

Retiree Project Officer

Vandenberg's acclaimed 30th Communications Squadron has begun production of a six- to seven-minute video about the Joint Retiree Center.

Recently, the unit received international accolades and won first place in the 2001 Italian Film Festival, Eserciti re Popoli, for the video, "Ecstasy: the End of the Dream." The production was also awarded a Telly Award in March 2001. With these outstanding credits "under their belt," I know that our video will be a stellar production.

In writing the script to tell our story, I included many of the retirees and widows, volunteers at the Center who

are "key" players in our mission's success. Camera crews have shot footage of Retiree Appreciation Day 2001, the monthly meetings with guest speakers, and personal interviews. The video is scheduled to be completed by the end of April.

Maj. Gen. Richard "Dick" Murray, President of the National Association for Uniformed Services and twice our guest speaker at Appreciation Day, will show the video to area representatives at the Air Force Retiree Council's May conference. He wants to let everybody know what Team Vandenberg has done for the retirees and widows.



Photo by John McGraw

Bruce Altheide, Certified Financial Planner, from the Vandenberg Federal Credit Union, Lompoc office, spoke with military retirees at the January monthly meeting in the Joint Retiree Center. He advised retirees on trusts as tools for estate conservation. Altheide also provided informative literature and answered many questions.

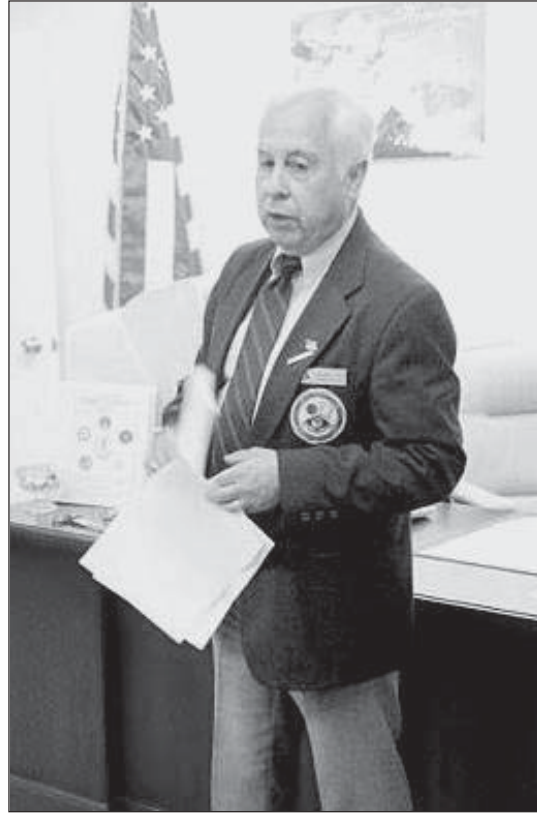


Photo by John McGraw

Bill Franco, Vandenberg Commissary Store Manager, briefed retirees on upcoming commissary events at the February retiree meeting. A strong advocate of retirees and widows, he is tireless in his efforts to keep them advised of the commissary's values. He has worked the last three Retiree Appreciation Days and was instrumental in the Days' success.



Photo by John McGraw

Bankers Life and Casualty Company representatives, Stacy Sherwood (left) and Steve Elliott (center) with Col. Myrna-Lynne Whitney, Vice President of Central Coast Chapter 44, of the National Society of Military Widows' March meeting. Elliott briefed retirees and widows on home- and long-term care options and the "partnership" with California. Sherwood drew participants' names for "giveaway" gifts.

Old Ironsides Flags

Get a flag flown on 'USS Constitution!' All you have to do is send an ensign (U.S. flag) along with an informal request to the ship with the following information:

- 1) Name and rank (if applicable) of the individual the flag is to be flown for
- 2) The occasion for the flag flying (reenlistment, retirement, commissioning, etc.)
- 3) Specific date (if applicable) the flag is to be flown and a return address
- 4) Send to:

USS Constitution
Attention: Flag Coordinator
Charlestown Navy Yard
Charlestown, MA 02129

The ship cannot accept flags more than 90 days before a specific date request, due to space limitations. It is recommended that you send flags as close to the requested date as possible.

The ship pays for regular return postage. There is an average 4-6 week turnaround

time with regular priority mail. Turnaround can be quicker if you send a return FedEx slip with your account number.

Include with your request a point of contact name and phone number so that we may contact you in the event it is necessary. Pre-addressed adhesive address labels also are encouraged. You must include a return mailing address.

Please do not send cash or checks to the flag coordinator. This service is free. If you are inclined to send a donation, make your check payable to the USS Constitution MWR Fund.

MONTHLY MEETING SCHEDULE

The **third Thursday** of each month at 1 p.m. in the Retiree Center, Building 10364 – Base Exchange area, across from the Home & Garden Shop – retirees, spouses and widows gather to hear guest speakers, socialize and enjoy cookies and coffee. There is a potluck luncheon that begins at 12 noon each quarter. The schedule is as follows:

May 16 – Vandenberg Base Clinic – Col. Whit Campbell, 30th Medical Group Commander

June 20 – **Potluck at 12 noon. Meeting at 1 p.m.** Eye Care – Dr. Rami Zarnegar – Shepard Eye Center

July 18 – Exercise for Seniors – Tyson Grier – Vandenberg Wellness Center

Aug. 15 – Emergency Healthcare – Paramedics

Sept. 19 – **Potluck at 12 noon. Meeting at 1 p.m.** Casualty Affairs – Sheila Kaplan – 30th Mission Support Squadron

Oct. 17 – Convalescent Care – Speaker to be determined.

***Nov. – Retiree Appreciation Day – Date to be determined.**

***Dec. 12 – Thursday – HOLIDAY POTLUCK LUNCHEON**

*Denotes different date than 3rd Thursday of the month and for Appreciation Day different location.

NOTE: Speakers may be subject to change. Please check the “Space & Missile Times” for details as days come closer. Also, listen to KUHL on Tuesdays at 8:20 a.m. for current news on events; and watch for flyers posted at the Retiree Center.

National Society of Military Widows

The NSMW, Central Coast Chapter 44, meets the second Wednesday of each month at 2 p.m. in the Joint Retiree Center. Frequently, there are guest speakers and sometimes the retirees and their spouses attend these meetings. If you are a widow and would like to join this group, please contact the Retiree Center at (805) 606-5474 for more information.

Phone ahead

A telephone call may be the prudent way to save you time and money if you plan to visit Vandenberg Air Force Base for a specific purpose. The office or facility that you desire to visit may be temporarily closed due to an Air Force function or exercise. At times the closure may be due to circumstances beyond their control, e.g., a mandatory training period, or a power outage. The moments you take to check before hand may avoid frustration later. If you do not have the telephone number for the activity you intend to visit, call the Base Operator: 805-606-1110 for directory assistance or call the Retiree Activities Office 805-606-5474.

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appointment time. This allows enough time to fill out required forms in the first floor lobby. This information must be updated annually and is filed in the patient’s medical records.

Once the forms are filled out and when applicable, patients will receive an Other Health Insurance Pass Card. For all future appointments at the base clinic, the OHIPC must be presented to healthcare technicians prior to treatment. Failure to disclose insurance information could result in a fine. For more information about the Third Party Collection Program, call 606-9076.

Bridge anyone?

Do you play bridge, but do not have a group or partners? Then, why not come to the Joint Retiree Center on **Fridays** and join our retirees and widows who meet in the lounge for a game of bridge.

If bridge is not your game, then come to the

Center on **Wednesdays** and play cribbage, checkers, chess and other card games. If you are interested in playing bridge, please leave your name and number at the Center and Pat Nuth will be in touch with you. Call the Center at (805) 606-5474 for more information.

TRIPS, TOURS AND CRUISES

Vandenberg Leisure Tours is in Building 10122, the Services Center, located near the corner of California Blvd. and Washington Ave. It offers a wide variety of excursions to suit every taste. In addition, the tour office lists favorable rates at hotels and motels in the vicinity of Southern California theme parks and Los Angeles Airport. Active duty, retired military, and civil service personnel, government contractors, families, and guests are eligible to participate. The office publishes the "Tripletter" listing upcoming events. You can learn more about opportunities by calling (805) 606-7976 and asking to be placed on the mailing list. The address is P.O. Box 5459, Vandenberg AFB, CA 93437-0459. You might also visit their website at www.vandenberg-leisure-tours.org. For complete information on the following upcoming trips, contact the tour office.

Apr. 20	Getty Museum, reserved entrance time, \$35
Apr. 28-30	Yosemite Lodge, \$225 per person sharing, single \$345
May 9	Huntington Museum, \$35
May 12-14	Catalina Island, \$175 per person sharing
May 15	Lion King, \$105
Jun. 2-5	Reno, \$150 per person sharing, \$235 single
Jun. 16-19	Mammoth Mountain, \$318 per person sharing, single \$485
Jul. 2-5	Laughlin, \$89 per person sharing, \$139 single
Jul. 14-17	San Diego, \$225 per person sharing
Jul. 20	Champions on Ice, San Jose, \$98
Aug. 4-6	San Francisco, \$235 per person sharing
Aug. 10	Roaring Camp Steam Train and Barbecue, \$65
Aug. 10-17	Laguna Beach Pageant & Huntington Museum, \$169 per person sharing
Aug. 28-Sep. 9	Alaska Cruise, \$2545-2995 per person sharing
Sept. 22-Oct. 3	Colorado & Arizona Excursion Trains, \$1169 per person sharing, \$1669 single

(Tripletter)

Legal office hours

Effective Apr. 3, the 30th Space Wing Legal Office changed legal assistance hours on Wednesdays. The new hours are from 3:30 to 4:30 p.m. Attorneys are available for a range of legal issues. Notary services for powers of attorney, affidavits, etc., are also available. For more information, call Tech. Sgt. Yovanne Prince at 805-605-6220. (S&M T)

Feeling left out?— Let us help you enter the computer age

Is all this dot.com business confusing? More and more our daily activities seem to revolve around the computer. For many of us this is a frightening prospect. You may think that you need to buy a computer, but you are not sure you will be able to learn how to use it. Or, perhaps you already have taken the big step and bought a computer – now you are wondering, "What do I do with it?"

Chuck Brown to the rescue! Chuck is the Retiree Center's computer trainer and can help you out on **Wednesdays and Friday from 10:30 a.m. until**

1:30 p.m. Not only will he help you with your computer skills, but he will also take you to the world of the **Internet!**

If you cannot make Wednesdays or Fridays, then, call for an appointment with Roy Stovall on **Thursdays from 11a.m. until 1p.m.**

For more details and to register for training, please stop by the Retiree Center, opposite the Home & Garden Shop, behind the bowling alley – in the Base Exchange area, or telephone (805) 606-5474.

Address Corrections

The mailing list for this newsletter is maintained by the Retiree Activities Office (RAO) based on input from the Defense Manpower Data Center (DEERS) and other sources as well as input directly from addressees. Please make any corrections necessary on the label below, clip and return to the RAO. In the event the retiree is deceased, indicate date and given name of surviving spouse. We want to continue to send the newsletter to the widow/widower. The mailing address of the RAO is shown below. You may also send e-mail to: retirees.office@vandenberg.af.mil.

Air Force Enlisted Foundation

The Air Force Enlisted Foundation offers housing and financial assistance to widows, widowers and dependents of retired enlisted Air Force members at Teresa Village in Fort Walton Beach, Fla. and at Bob Hope Village in Shalimar, Fla.

Currently there are 440 residents with 625 on the waiting list with widows of greatest need having priority. The goal is to build an assisted living medical facility for the residents since both sites are independent living facilities and the capability for medical care does not exist.

While the Air Force Assistance Fund campaign provides some support for the AFEF in the form of an indigent widow rent subsidy, the Air Force Aid Society allots only a small percentage of its funds to the foundation. The AFEF receives no federal, state, Medicare or Medicaid funding. It survives solely on donations. Day-to-day expenses are funded through contributions from individuals; organizations such as spouse's clubs and professional military education classes and a direct mailing program.

A retiree allotment program has been developed to help raise funds through payroll deductions. The program began in April 2001 and currently has 230 participants. For more information about the AFEF or either of the Villages, call 1-800-258-1413, fax 850-651-4461, email afef@afenlistedfoundation.org, visit our website at www.afenlistedwidows.org or write to: Air Force Enlisted Foundation, 92 Sunset Lane, Shalimar, FL 32579.

To start a tax-deductible allotment, retirees should submit a completed Department of Defense Form 2558, Authorization to Start, Stop or Change an Allotment by mail or fax to the address or fax number shown above. Form 2558 is available at the finance office in Bldg. 11777, or you may pick up a preprinted form with the appropriate account number at the Retired Activities Office where all you have to do is fill in name, address, dollar amount etc. (Adapted from AFPS and S&MT)

Retirees Activities Office
30 SW/CVR
747 Nebraska Ave. Suite A-200
Vandenberg AFB, CA 93437-6261
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Strike up the band

Attention all you retirees that play a musical instrument. We are trying to get a musical group together here at the Retirement Activity Center. If you play a Guitar, Banjo, Violin, Accordion, Piano or other musical

instrument please call the RAO office at: 606-5474 or Pat Nuth at: 736-4446 or just stop by the RAO center. It would be a great way to meet other retirees. Also, it will let us all enjoy your musical talents.